

**A daytime workshop
for parent/carers**

**Facilitated by specialist
ADHD/Autism Trainers
from ADD-vance**



ADD-vance Managing Anxiety for Parent/Carers

**Do you have a child with Autism or ADHD struggling with anxiety?
This workshop is aimed at parent/carers of children aged 5 –16 years of age,
with a diagnosis or suspected diagnosis of ADHD and/or Autism**

**This workshop is not relevant to anyone having attended ADD-vance
Managing Anxiety training for parent/carers previously**

**The workshop will take place at 930 am - 12 pm
on**

Wednesday 14th November 2018

At

Members Lounge

Hertfordshire Sports Village

University of Hertfordshire de Havilland Campus

Hatfield Business Park

Hatfield AL10 9EU

Tickets cost £25 per person.

Please book via Eventbrite: <https://www.eventbrite.co.uk/e/managing-anxiety-for-parentcarers-tickets-51011698363>

Ticket price includes light refreshments, workshop learning pack, free parking and free use of the Herts Sports Village gym and swimming pool facilities on the day

Places are limited, so please do book early to avoid disappointment!

For queries, please contact Andrea at tickets@add-vance.org

Who is this workshop for?

Parent/carers of children/young people aged 5-16 with a diagnosis or suspected diagnosis of Autism and/or ADHD, struggling with anxiety. **This workshop is not relevant to anyone having attended ADD-vance Managing Anxiety training previously**

What are the Learning Outcomes?

- Have a better understanding of why children and young people with Autism and ADHD are more likely to experience anxiety and distressed behaviour
- Learn, share and develop strategies for managing and preventing anxiety in children and young people with Autism/ADHD
- Identify a low arousal approach for support through stressful situations

What methods will be used at the workshop?

Presentation, video clips and small group work

What will be provided?

- Light refreshments and a workshop learning pack
- Free use of the gym facilities and free swim at Hertfordshire Sports Village on the day Of the workshop
- Free parking

When and where will the workshop take place?

Members Lounge, Hertfordshire Sports Village, University of Hertfordshire, De Havilland Campus, Hatfield Business Park, Hatfield AL10 9EU

On Wednesday 14th November 2018, from 9.30 am to 12 pm

How do I book a place?

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ADD-vance

The ADD-vance ADHD and Autism Trust

Working to support people with ADHD and Autism in Hertfordshire

Foundation House, 2-4 Forum Place, Hatfield, Herts AL10 0RN

Helpdesk: 01727 833963 Email: Herts@add-vance.org

Web: www.add-vance.org Reg. Charity No. 1158968